



Cabbage

Fights Cancer, detoxifier, fiber, inflammation, free radicals, blood pressure

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) *before* starting/changing your program.

Botanical: *Brassica oleracea*

Family: *Brassicaceae* (cabbage) - formerly *Cruciferae* (mustard)

Good old **Cabbage!** This simple plant is a *powerhouse of nutrients*, including fiber, vitamins and minerals. More importantly, Cabbage may *enhance our body's carcinogen-fighting compounds* and *detoxify the system of harmful chemical additives*, including the radiation that surrounds and bombards our bodies during the course of our daily lives. *Do not leave Cabbage out of your diet.*

The Cabbage we know today is a direct descendant of the first, ancient wild cabbage plant that appeared soon after the domestication of plants began, and it appears to have originated in the Mediterranean region of Europe (although some claim northern Europe), where people consumed the leafy plant as a highly

nutritious vegetable. Because of its extraordinary dietary value, Cabbage was selectively propagated with each year's new crop, and this resulted in the development of ever-larger-leafed plants, and by the fifth century B.C., a newer (and still existing) variety of the plant emerged called kale. For thousands of years the refinement of Cabbage plants continued with a preference for plants in which there were a large number of tender leaves closely packed into a cluster at the top of the stem, and after hundreds of successive generations, the Cabbage "head" that we know today emerged. Cabbage is the oldest and most widely-grown vegetable of the *Brassica* group and is the forerunner of Kale, Kohlrabi, Broccoli, Brussels Sprouts, Cauliflower, Chinese Cabbage and Collards - all highly-regarded storehouses of vitamins and minerals. Cabbage

has been a staple part in the diets of many countries, frequently sustaining life when there was a scarcity of other foods, but modern, almost overwhelming, evidence has emerged with regard to the mounting health benefits that may be derived from including Cabbage (and Broccoli, Brussels Sprouts, Cauliflower and other cruciferous vegetables) in our daily diets. Some of the constituents included in Cabbage are sulfur, chlorophyll, carotenoids, fiber, bioflavonoids, folate, calcium, potassium, vitamins A, C and K.

Beneficial Uses: Cabbage (in addition to other members in the cruciferous family) has lately been credited with the ability to enhance the body's resistance to invasion of foreign toxins and infection. Significant medical and scientific studies from Johns Hopkins suggested that the sulforaphane and histidine in Cabbage boost the body's immunity and carcinogen-fighting enzymes and help fight free radicals in the body that can cause damage to important cellular molecules. Those same constituents appear to rid the system of harmful chemical additives, detoxify carcinogens and may reduce severe problems in the colon, rectum and prostate. It is believed that because sulforaphane enables the body's protective proteins to do a better job at clearing out carcinogens, it would clearly be most effective during those periods when carcinogens are most active, well before any problems are clinically detectable.

Further supporting the use of Cabbage to detoxify the system of harmful chemical additives, it is strongly believed to afford our bodies protection from radiation poisoning to which we are exposed every day, ranging from home computers, microwave ovens, color televisions and high-tension power lines outside our homes. Two important medical studies have shown that animals exposed to lethal doses of uranium and X-rays were afforded considerable protection against harmful effects when given Cabbage.

Cabbage is thought to significantly reduce the risk of heart ailments by protecting the heart from free radicals, inflammation and high blood pressure. Cabbage is said to lower overall serum cholesterol and may dramatically reduce the low-density lipoproteins (LDL's) or "bad" cholesterol, which frequently causes hardening of the arteries and the development of coronary heart problems and strokes later on in life.

As a mild laxative, Cabbage is said to improve colon function and increase bowel movements. A medical journal as far back as 1936 noted that for every gram of powdered cabbage leaves fed to healthy males, their respective stool weights increased by twenty percent. This is attributed to the water-holding capacity of cabbage fiber, which also increases stool bulk and helps to move it through the system. The use of Cabbage as a vermifuge to eliminate worms from the intestinal system is perhaps the result of this laxative action.

Cabbage is believed to be an antifungal and may be very helpful in suppressing yeast infection. Ethnic folk healers from the Hispanic and African-American communities have long used Cabbage juice for yeast infections, both internally and externally, and scientific research has confirmed these applications, claiming that the sulfur content in Cabbage is very useful in treating *Candida albicans* and suppressing other yeast infections.

It is said that Cabbage may facilitate the healing of ulcers. By reducing acid in the stomach, it is believed to relieve any kind of gastrointestinal ulcer, including duodenal and peptic ulcers, etc.

Contraindications:

Currently, there are no warnings or contraindications with the use of Cabbage.

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